

FriendZ Space Timetable May 2025

Zoom Sessions

Please book your place using Eventbrite
by clicking **BOOK NOW** in the timetable

Fully booked? If you would like on the waiting list, please email.
Please cancel if you are unable to attend.






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Gaylin: 0738547373
Or 0300 030 2121 (9-5pm)

Week 1 – w/b 5th April


Date	Time	Activity
Tuesday 6th May	5:30-6:15pm	 Karaoke You pick the songs and we all singalong!
Wednesday 7th May	6-6:45pm	 Quiz Night: Disney Calling all Disney Movie fans! Get yourselves ready for a magical quiz night.
Thursday 8th May	5:45 -6:30pm	 Bingo with Cher We will send you a bingo card, come along to get the lucky numbers.

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Week 2 – w/b 12th May

Date	Time	Activity
Tuesday 13th May	5-5:30pm	 Film Club: Disney & Pixar Come along and share your favourite Animated movies.
Wednesday 14th May	5:30-6pm	 Mindful Colouring: Springtime Come along, listen to some calming music and colour in together. We will send you a colouring-in page.
Thursday 15th May	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta

Week 3 – w/b 19th May

Date	Time	Activity
Tuesday 20th May	6-6:45pm	 Ask Charlie! Bring along your tricky general knowledge questions to catch our friend Charlie out.
Wednesday 21st May	6:30-7:15pm	 Fit FriendZ Come and join our friend Emily for some stretching, dance and music!

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Thursday 22nd May	5:30 -6:00pm	 Gardening Come along and plant Aquilegia (flower) seeds to cheer on Down Syndrome Scotland at the Chelsea Flower Show this week!
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Week 4 – w/b 26th May

Date	Time	Activity
Tuesday 27th May	5:30-6:15pm	 Craft Club Come along and join us for some scratch art. Use a tool to draw, revealing colour beneath the black card.
Thursday 29th May	5-5:45pm	 Dance-a-thon Come along and dance the night away to some of our favourite songs.
Thursday 29th May	6:15-6:45pm	 Dinner Date: Italian Night! Join us for dinner and chat with pizza or pasta.

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